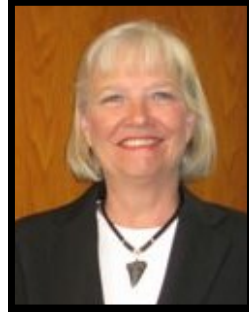


FREE
4-week Self-Management
Diabetes Workshop

Topics to be covered include:

- Diabetes overview
- Medications
- Meal planning
- Short & long-term complications
- Monitoring your blood glucose
- Exercise
- Stress management and problem solving
- Medi-Cal and Insurance Benefits



Dates:

4 Wednesdays in September, 2010:
September 8th, 15th, 22nd, & 29th

Time: 9:00-11:30 a.m.

Place: Westminster Senior Center-Room A

Presented by:

Jane Hannah, R.N. P.H.N. Certified Diabetes Educator

Sponsored by:

**Adult Public Health Nursing Services
Orange County Health Care Agency**

Interactive

Evidence Based

Please Sign-Up at the Front Desk

Westminster Senior Center

Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

August 2010

(714) 895-2878

Please join us for our
ANNUAL LUAU



THURSDAY

August 12th at 11:00 a.m.

East/West Room

Tickets: \$4.00 Donation

Reservations Required-Limited seating

Featuring: Westwood Productions Entertainment

Fellowship~Entertainment~Food~Door Prizes

Westminster Senior Services Team

MAYOR & CITY COUNCIL DEPARTMENT LINE

(714) 5483240

Margie L. Rice

MAYOR

(714) 548-3183

Frank G. Fry

MAYOR PRO TEM

(714) 548-3179

Tyler Diep

COUNCIL MEMBER

(714) 548-3181

Andy Quach

COUNCIL MEMBER

(714) 548-3182

Tri Ta

COUNCIL MEMBER

(714) 548-3179

Donald D. Lamm

CITY MANAGER

(714)548-3172

Greg Johnson

COMMUNITY SERVICES DIRECTOR

(714) 895-2860

Diana Dobbert

ASSISTANT COMMUNITY SERVICES DIRECTOR

(714) 548-3665

★ Please Note: The City of Westminster now has an updated phone system; some numbers remain the same; others have changed.

COMMISSION ON AGING

Chair-Vince Agor (714) 897-6252
Commissioner-Nora Barajas (714) 893-3708
Commissioner-Phillip Hodgetts (714) 847-4165
Commissioner-Vince Petronzio (714) 897-6261
Commissioner-Ginger Waugh-Borden (714) 897-4644
Alternate-Erwin Vysma (714) 893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every other month at 10:00 a.m. in the City Council Chambers; all residents are welcome and encouraged to attend.

Senior Center Staff

(714) 895-2878

Senior Services Supervisor - Claire Hutchinson

Nutritionist Maribel Avilez

Secretary - Sherrie Machuga

Receptionist - Ivy Gimondo

Clerk Typist - Joy Williams

Transportation Coordinator - Bea Pratte

Van Drivers - John Conrekas, Bertha Lara

and Clarey Mercer

Health Care Nurse - Jane Hannah

Project S.H.U.E. Director-Susana Delgado

Senior Center Intern-Amber Julian

We are on the Web!

This monthly newsletter,
The Senior Center Spotlight,
is now available on the City Website:
www.ci.westminster-ca.gov,
Departments, Community Services, Senior Services.

Emergency & Business Telephone Numbers

Emergency Number	911
Police	(714) 898-3315
Fire	(714) 744-0400
Elder-Abuse	1(800)451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714)898-9648
Library	(714)893-5057
Medi-Cal	(714) 741-7100
Social Security	1(800)772-1213
Ombudsman	(714)479-0107
Office on Aging	1(800)510-2020
Information Help Line	211

Senior Center

Health Talk: “Stress”

Wednesday, August 4th

11:00-11:30 a.m.

Dining Room

Topics to include: Symptoms, Management, & Care

Diabetes Education & Support Group

“Diabetes and Exercise”

Wednesday, August 18th

12:30 p.m.-2:00 p.m. in Room 3-4

Presentations given by: Jane Hannah RN, PHN
Sponsored by: Adult Public Health Nursing Services,
and the Orange County Health Care Agency.

◆ Information on Medi-Cal will be discussed.



Free Manicures & Haircuts

Offered by the

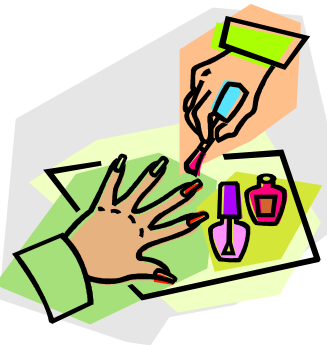
Asian American Beauty School

Tuesday, August 10th

East/West Room

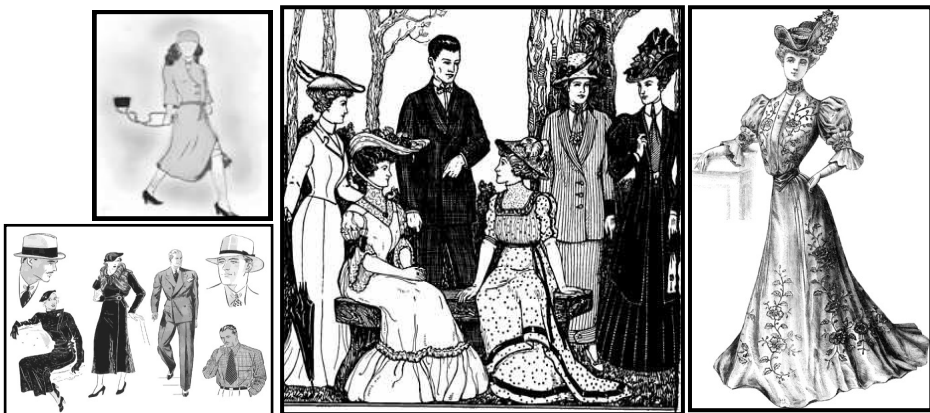
10:00 a.m.-12:00 noon

First come; first served.



Senior Center Programs

Bowers Museum Presents
REMEMBERING VINTAGE FASHION
Fashion from the 1900-1930's



Hosted by
Suzanne Snyder & Pam Wheless
Bowers Museum Docents
**Come and find out how fashion was influenced by history
and social change during this time.**

Date: Wednesday, September 1, 2010
Time: 10:00 a.m.
Place: Westminster Senior Center Dining Room

Prescription Drug Disposal

The **National Community Pharmacists Association (NCPA®)**, its members and partners are offering you safe disposal of unwanted medications in local community pharmacies around the country. The pharmacy nearest the city of Westminster is Pacific Side Pharmacy, 19582 Beach Blvd., Huntington Beach, CA 92648. The phone number is (714) 965-5203.

The NCPA encourages you to talk to your pharmacist and ensure you are taking your medications correctly. Do not leave the pharmacy without understanding everything you need to know about your medications, including how to store, use and dispose of them properly.

DisposeMyMeds.org, is an online resource that has more information regarding proper disposal of medications and additional information on medication safety.



From the Director's Chair

It's hard to believe that we are in August and that our **Luau** is around the corner. There are still tickets on sale for the event but please do not wait too long. The Luau will be Thursday, August 12th at 11:00 a.m. with entertainment by **Westwood Productions** and the cost of the tickets is a \$4.00 donation.

We want to thank everyone who participated in the **Christmas in July** program that was initiated by Mayor Margie Rice to give special items to the homebound seniors and to let them know they are thought of year-round. A special thank you to Maribel Avilez for organizing the event and her Home Delivered Meals drivers for getting the gifts to the seniors; it was a success.

Manicures and Haircuts will be held on Tuesday, August 10th at 10:00 a.m. **Commodities** will be held on Wednesday, August 11th at 8:00 a.m. **Safety Driving Class** will be held Thursday and Friday, August 19th and 20th beginning at 8:30 am. The **August Birthday party** will be Thursday, August 26th with entertainment beginning 11:00 a.m.

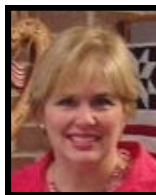
A **pool tournament** is scheduled for the high school students from the Boys and Girls Club with our seniors on Thursday, August 19th at 9:30 a.m. A sign-up list is posted in the pool room. Please come and support all the players.

On Wednesday, September 1st at 10:00 a.m. in the dining room, the **Bowers Museum** will present **"Remembering Vintage Fashion"** from the 1900-1930's. Come see the beautiful clothes and see how fashion has been influenced by history.

Our next **Silent Auction** will be in **November**. Please begin saving your items for the event.

Our **Spotlight** will be having some exciting changes beginning in September. We will start combining two months worth of information in one newsletter. The September/October Spotlight will contain the same topics that were in previous newsletters.

CLAIRE



Westminster Community Services & Recreation Department

2010 Concerts in the Park

Thursday Evenings, 6:00 p.m.-7:30 p.m.

Civic Center Sunken Gardens

- August 5th "Mama Hagglin" Rock & Roll
- August 12th "Gospel Night" Community Group Choir
- August 19th "Nicholson Pipes & Drums"
Bagpipe Band & Celtic Sky Dancers
- August 26th "The Music Factor" Jazz/Funk

Sponsored by Target Store of Westminster & the Westminster City Council

Senior Center Programs

Lunch Is Served

Monday-Friday at 11:45 a.m.

Come join in the camaraderie with a delicious lunch and wonderful friendship. The suggested donation is just \$2.50 for our senior participants. If you need a ride to lunch, just give us a call at (714) 895-2878.

Westminster on Wheels W.O.W. Nutrition Van

Please help us continue this outstanding bus service by abiding by the following:

-You must cancel the day before, if possible, by calling the Senior Center at (714) 895-2878. The bus driver cannot accept cancellations.

-After three "no shows" you will be taken off the transportation program.

-Be ready to walk out the door when it is pick-up time from your home. (There is a 5-minute window of time before & after estimated pick-up time.)

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m. from home to Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m. from Center to home.

W.O.W. Shuttle

The Shuttle picks up Westminster senior residents from Mobile Home Parks and Senior Housing Complexes to shop around town **Monday through Thursday** from 9:00 a.m. to 1:00 p.m. Please note:

NO SHUTTLE SERVICE ON FRIDAYS Please contact the Center if you have any scheduling questions. Service is free, but you must sign up, call (714) 895-2878.



Mondays, Wednesdays & Fridays

Thanks to our August 2010 Callers:

8/2-Kim Ward	8/20-Rich Sowiak
8/4-Earl Northcott	(9:30-11:15)
8/6-Bob Munn	8/23-Kim Ward
(9:30-11:15)	8/25-Dollie DeRobbio
8/9-Mary Pagano	8/27-Sue Wolff
8/11-Dollie DeRobbio	(9:30-11:15)
8/13-Sue Wolff	8/30-Mary Pagano
(9:30-11:15)	
8/16-Vivian Tran	
8/18-Earl Northcott	

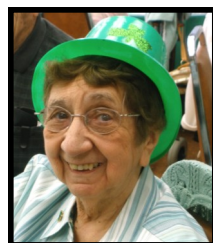


"Lovely Treasures"

is now the name for the place where you can come and shop for items handmade by our Yarn Spinners and Crafters. Snacks are also available.

The name "Lovely Treasures" was submitted by Helen Smith.

A big thank-you to all who participated!



*"Like a welcome summer rain,
humor may suddenly
cleanse and cool the earth,
the air and you."*

-Langston Hughes



DAY TRIPS

Lake Arrowhead

Tuesday, August 10th, 2010

Enjoy the day in the beautiful San Bernardino Mountains as you travel up to Lake Arrowhead. Spend time browsing in Arrowhead Village, then a delicious lunch at the Arrowhead Resort and afterwards enjoy a narrated cruise on the Arrowhead Queen.

Upon sign-up must choose: 1) Meatloaf, 2) Angel Hair Pasta, or 3) Club Sandwich.

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$64.00



Viejas Indian Casino

Tuesday, August 24th, 2010

Enjoy a fun-filled day in Gaming & Shopping at Viejas!

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Del Mar Horseraces/with Lunch

Thursday, September 2nd, 2010

Package includes: Clubhouse Seating, Racing Program, Lunch at Hunter Steakhouse, Deluxe Motorcoach.

Upon sign up, must choose: 1) Top Sirloin, 2) Forest Mushroom Chicken, or 3) Beer-Battered Fried Shrimp.

Depart: 10:00 a.m.

Return: 7:00 p.m.

Cost: \$59.00

(approximately)

Winemaker For a Day/(with Italian Lunch)

Wednesday October 6th, 2010

Package includes: Wine tasting at Thomas Winery (est.1839), bottling your own personalized bottle to bring home, and a visit to Casa De Rancho Cucamonga with resident historian.

Depart: 10:00 a.m.

Return: 4:00 p.m.

Cost: \$72.00



Casa de Rancho Cucamonga

Pechanga Indian Casino

Tuesday, October 26th, 2010

A fantastic trip at an unbelievable price!

Depart: 8:00 a.m.

Return: 5:00 p.m.

Cost: \$15.00

Palm Springs Follies

Wednesday, December 1st, 2010

Sign up now as this favorite is always a smash hit!

Depart: 9:00 a.m.

Return: 6:30 p.m.

Cost: \$77.00

OVERNIGHT TRIPS

Laughlin Luau-Riverside Hotel & Casino

SOLD OUT-Waiting List Only

September 14th-16th, 2010

Stateline Special to Buffalo Bill's

November 8th-9th, 2010*Rates are lower than 2009!

Package includes 2 DAYS, 1 NIGHT at Buffalo Bill's Hotel and Casino. 2 FREE Buffets & Baggage Handling.

(MONDAY-TUESDAY)

Depart: 9:00 a.m.

\$49 p/p Double Occupancy

Return: 5:00 p.m.

\$67 Single Occupancy



Laughlin Christmas at Riverside Hotel & Casino

December 5th-7th, 2010

SOLD OUT-Waiting List Only

YO-YO QUILT DRAWING



This beautiful Yo-Yo quilt was handmade and donated by June Traver.

Opportunity tickets are on sale at the Front Desk and the winner will be announced at our

Holiday Party on

Wednesday, December 14th

Proceeds benefit the Westminster Senior Center Programs.

Ticket Price: 1 for \$1.00 or 6 for \$5.00

See Front Desk for tickets

*The trips offered are fun and affordable. Enjoy day trips or the popular overnight trips.
The tip for the bus driver is included in the price.*

